May - Lesson Plan Grades 4-5

EATSMART. PLAYHARD.



Objectives

Identify healthy food choices on MyPyramid.

Learn why food choices are important to good health.

Discuss the concept of balance as it relates to food energy and physical activity.

Supplies Needed

May
Pick a **better** snack[™] & **ACT** scorecard

4th Grade – Teacher "Show What You Know" resource sheet

5th Grade – Web resources from Eat Smart. Play Hard. ™

Note to Teachers

The May lesson will focus on the Eat Smart. Play Hard. ™ campaign, in addition to the Pick a **better** snack™ & **ACT** fruit, vegetable and physical activity lessons.

The Eat Smart. Play Hard. ™ campaign was developed by Food and Nutrition Services of the United States Department of Agriculture. Eat Smart. Play Hard. ™ is about making America's children healthier. It offers practical suggestions that will help motivate children and their caregivers to eat healthy and be active. The Eat Smart. Play Hard. ™ campaign messages and materials are fun for children and informative for caregivers.

The Power Panther[™] is the spokes-character for the Eat Smart. Play Hard. [™] campaign. The Power Panther[™] is proud to be very fast and physically fit. He can jump as high and as long as a tractor-trailer and can climb the tallest trees. He's also a great swimmer and hiker. The Power Panther[™] loves to walk, run or bike most days of the week. He can cover 20 miles a day!

Because the Power Panther[™] plays hard everyday, he needs to keep his energy level up. He eats smart and uses MyPyramid as a guide. The Power Panther[™] eats a variety of fruits, vegetables and whole grain foods. He hopes boys and girls everywhere will make healthy food choices and be physically active!

Power Panther's nephew, Slurp, lives with him. Power Panther tries to set a good example by showing Slurp how to make healthy food choices and keep active every day. Slurp doesn't always make the best choices but he wants to be strong and fast – just like his Uncle Power Panther!

Background

Balance Your Day With Food & Play is one of the Power Panther's messages to children. For good health, individuals need to combine making nutritious food choices with physical activity. Both are important to keep our bodies strong.

Healthy food choices will help children

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- · be mentally and physically fit,
- maintain a healthy weight,
- reduce risks of certain diseases like heart disease and high blood pressure,
- grow and develop, and
- have energy to learn and play.

Use MyPyramid as a guide to healthy eating. Eat plenty of fruits and vegetables, whole-grains, low-fat dairy products, lean meats and dry beans. Limit foods that are high in saturated fats and sugar.

Move More. Sit Less. is another one of Power Panther's favorite sayings. Physical activity is fun, makes us strong and makes us feel good.

Physical activity helps:

- promote sound sleep,
- boost energy,
- people feel good,
- keep the heart and lungs happy,
- control weight to decrease the risk of many diseases, and
- builds and maintains healthy bones, muscles, and joints.

Activities that encourage sitting should be balanced with active play. Watching television and playing computer and electronic games should be limited to less than two hours per day.

(Adapted from www.fns.usda.gov)

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.fruitsandveggiesmorematters.org www.mypyramid.gov/kids/index.html www.fns.usda.gov/eatsmartplayhardkids

Do the Activity: 4th Grade

The Web site for Eat Smart. Play Hard. ™ has an interactive kids section that looks like a town. The travel agency in the town will take you to all the places across the country where Power Panther has made an appearance. Interesting facts about food and physical activity are shared about each state. A few of these facts are provided in a teacher's resource sheet to review with students. Encourage them to visit this





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Web site and explore other states where Power Panther has made appearances.

(www.fns.usda.gov/eatsmartplayhardkids)

5th Grade

Create "Move More. Sit Less." cheers or rap-style lyrics that the students can use to energize the class before recess or at the end of the day. Small groups can explore the following resources for ideas:

www.fns.usda.gov/eatsmartplayhardkids/Fitness/fitness.htm www.verbnow.com/

www.bam.gov/sub_physicalactivity/index.html

Students may need to work on this activity during the week outside of class. At the end of the week have each group present their cheer or rap and teach it to the rest of the class.

Talk It Over: 4th Grade

If Power Panther came to our school what physical activities could he participate in? If he joined us for lunch or breakfast would he see kids eating healthy foods? Would he want his nephew, Slurp, to go to our school? Why or why not?

Think back to the beginning of the year. Have you tried new foods? Did you like them? Are you playing harder or longer than you did at the beginning of the year?

5th Grade

Teacher: Discuss the concept of balancing the energy we take in from food with the energy we spend being physically active.

If we don't eat enough food throughout the day what will happen? (Our body sends signals that it needs food.) What type of signals does your body send when you are hungry? (tired, stomach growls, headache)

If you are going to hike on a trail with a heavy backpack, will you need to eat more food energy than you would normally eat during a school day? (yes)

What kinds of foods would have more energy? (*Energy-dense foods like nuts, granola bars, peanut butter, trail mix*)

Apply: 4th and 5th Grade

Write a letter to your State Department of Education and ask if they will help your school bring Power Panther to your community next fall.

Learn a Power Tune (If You Wanna Be Like Power Panther)





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or the Power Up Moves from the web site and teach it to younger students at a year-end school assembly or PE class. www.fns.usda.gov/eatsmartplayhardkids

5th Grade

Vote for the best "Move More. Sit Less." cheer and teach it to the rest of the school at a year-end school assembly.

Extended Activities



Art, Music & PE

If it is raining outside, play a Power Tune for the class and dance around your desks! Check your Team Nutrition classroom kit for a CD, go to the Web site and download the music, or ask your nutrition education project coordinator for a copy.

If the weather is nice, take the students outside to play a fun game of kick ball. If going out is not an option, do some simple calisthenics or Power Moves in the room to get the heart rate up!



Language Arts & Reading

Have the students write an "action" story. Create a fictional character, using themselves as the main characters. Remember to use Power Panther as a character in the story!



Math

Have the students add the minutes of physical education class they receive each week. How many minutes do they get each week? Is it close to the recommended 150 minutes per week of physical education in schools?



Science & Health

Research School Wellness Policies.

Ask the school food service director to provide an update of what is happening in your school district.



Social Studies

Ask a guest speaker to visit the classroom. If possible, find a speaker known in the community as being a physical activity expert, or one who is physically fit. How about a high school athlete or coach? What sports do they play? What physical activities do they participate in outside of school? What physical activities did they participate in when they were in elementary school?





Teacher's Resource – Grade 4-5 **EAT**SMART. **PLAY**HARD.





Power Panther on the Road

Show What You Know

Iowa

Which cereal company, located in Cedar Rapids, is the largest in the world? Quaker Oats

lowa ranks first in the US for corn production. What are some of the common products that corn is used to make? *Crayons, mayonnaise, soft drinks, chewing gum, paper, plastics, toothpaste, and catsup.*

Other States:

Minnesota, Mississippi, South Dakota and Nebraska have a state beverage. Do you know what it is? Milk

Ohio leads the US in production of eggs. How many are estimated to be produced each year? 8 billion

Why is Kansas referred to as "America's Bread Basket?" Because they produce lots and lots of wheat.

The worlds' largest version of this dish, (made with stone ground corn, red chili sauce, cheese and onions) is made as part of a yearly event that takes place in Las Cruces. What is it? *Enchilada*

Kentucky has a state fruit. What is it? Blackberry

Georgia is the nations' number one producer of which three foods beginning with the letter P? **Peanuts, pecans and peaches.**

Idaho is the number one producer of what foods? Potatoes, trout, Austrian winter peas and lentils.

Montana ranks third in the nation for the production of this type of bean that provides fiber, folate, magnesium and iron. What is it? *Garbanzo Bean*

Which state has an official state grape? *Missouri – the Norton/Cynthiana Grape*

What is the state fruit of Texas? Texas Red Grapefruit

Arizona produces lots of fruits and vegetables. Can you name some? **Cantaloupe, honey dew melon, head and leaf lettuce, spinach, broccoli and cauliflower.**

More interesting facts about each state are available at the Eat Smart. Play Hard. web page, http://www.fns.usda.gov/eatsmartplayhardkids/





May - Lesson Plan Grades 4-5

PHYSICAL ACTIVITY



Objectives

Learn about VERB™ It's what You Do web site.

Understand that physical activity is something you choose to do.

Realize how fun physical activity can be when being active with a friend.

Supplies Needed

May

Pick a **better** snack[™] & **ACT** scorecard

Physical activity items for scavenger hunt activity. (Examples – basketball, cones, Frisbee, jump ropes, hula hoops)

Background

VERB™ It's What You Do is a physical activity campaign that targets tweens, young people ages 9-13. This project was developed by the United States Department of Health and Human Services (USDHHS) and the Centers of Disease Control and Prevention (CDC) with the focus of encouraging and maintaining physical activity in tweens (youth 9-13). Besides kids, VERB™ also targets parents, teachers, coaches, health professionals, and care providers. The goals of this social marketing campaign are:

- 1. Increase knowledge and improve attitudes and beliefs about tweens regular participation in physical activity.
- 2. Increase parental and influencer support and encouragement of tweens' participation in physical activity.
- 3. Heighten awareness of offers and opportunities for tween participation in physical activity.
- 4. Facilitate opportunities for tweens to participate in regular physical activity.
- 5. Increase and maintain the number of tweens who regularly participate in physical activity.

There are tools provided by VERB[™] to help improve physical activity in tweens. They can be found on the VERB Web site. Some of the campaign materials include:

- VERB[™] Yellowball (An action-packed promotional program that offers special rewards and recognition for being physically active.)
- VERB[™] Make It Up (Designed to help develop your imagination while you participate in physical activities.)
- VERB™ Crossover (Allows tweens to combine two sports, create and invent new games to play.)
- ViRTS: 2005 Team Guide: A Time for Kids Extra Mini-Magazine (A way for tweens to track their physical activity by using a downloadable virtual player.)
- VERB[™] Play Without Borders Kit (Allows students to check out popular games from around the world and discover new ways to play.)
- Anytime Doubletime (Allows tweens to develop physical activity opportunities in their communities.)

PHYSICAL ACTIVITY

Web Site Resources

www.idph.state.ia.us/pickabettersnack www.mypyramid.gov/kids/index.html www.VERBnow.com (for kids) www.cdc.gov/youthcampaign/index.htm (for adults)

Do the Activity: Scavenger Hunt

Discuss with students the importance of physical activity. Remind them that 4th and 5th graders should be active 60 minutes a day (it does not have to be done all at once, and could be broken up into segments all day long).

VERB encourages tweens to be creative and get active!
Being active does not necessarily mean joining a team sport.
Being active is getting up and doing something fun.
Brainstorm with students some examples (i.e. helping clean up a park, taking a walk, dancing with a friend, etc.)

Have the students go on a scavenger hunt for some props to invent their own game/activity.

Equipment examples:

Basketball Cones Frisbee Jump ropes Hula hoops

After the students have created their games, have the students demonstrate their game for the class.

Talk It Over:

Ask the students:

To go to the VERB™ Web site (www.VERBnow.com) and get acquainted with the different activities that VERB™ offers.

Have them brainstorm about what other activities they could do that fit the VERB™ theme, "It's What You Do."

What did you think of VERB™?

Would you use it to keep track of your physical activity?

What other activities fit the VERB™ slogan? Have you seen their commercials on T.V.?





PHYSICAL ACTIVITY

Apply:

Remind students of other activities they could do with a friend or by them self and that would help them complete their bingo card.

Kick

Slide

Swim

Invent



